

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 05 September 2010 03:04 PM  
**Subject:** Newsletter: 05 September 2010



**And I saw a new heaven and a new earth - Revelation 21:1**  
**Blessed are the meek - the egoless - for they shall inherit the earth**



In the depth of your being you are the Universe / God experiencing itself in and through this particular form. The alignment of inner and outer purpose is to bring that essence – consciousness, spirit – into the world of form and thereby transform the world. When inner and outer purpose are aligned (ie my will is expressing thy will) then as Sufi master Hafiz said: I am a hole in a flute that the Christ's breath moves through. Listen to this music.

All life has an outward movement (growth and expansion), and a return movement (return to the formless). Breathing out manifesting, and breathing in returning to Source. When this cycle is no longer usurped by ego, the spiritual dimension will come into this world through the outward movement – thought, speech, action and creation – as powerfully as through the return movement – stillness, being and dissolution of form.

Awakened doing is the outer aspect of the next stage in the evolution of consciousness on our planet. Consciousness flows through us into the world. We become conscious participants in the creation of form. We no longer create from the space of ego's wanting this or that, which usually also creates struggle and stress. Rather, it is not we who creates, but universal intelligence that creates through us. Such actions are inclusive not exclusive. They join and don't separate. In other words, they are non-dual. They are not for "my" country but for all humanity; not for "my" religion but for the emergence of consciousness in all human beings and thus for the good of all.

Everything we create depends on our state of consciousness. We are learning to live from a different state of consciousness, one that is rooted in presence / being / spirit, the holy spirit. How you are is primary, and it influences what you do. No matter how active you are,

or how much effort you make, if there is no change on the inner level, no amount of action will make any difference. We would only re-create modified versions of the same world again – a world that is an external reflection of the ego. We have all been there and done that, now for something completely different!

Our state of consciousness creates our world. Whether it manifests as heaven or hell depends on us. Actions that consider the good of all, are not karmic actions that produce suffering. They are actions that are aware of the interbeing of all things, and will create the new earth, where my happiness depends on your happiness, for they are not separate, as we are not separate.

There are 3 modalities of awakened doing: acceptance, enjoyment and enthusiasm. Each one represents a certain vibrational frequency of consciousness. You are in alignment with the spiritual dimension, if there is acceptance, enjoyment and enthusiasm in your life. If these qualities are not present, then you are in a state of disturbance and disharmony and are not aligned with life. We will look at each of these qualities over the next few weeks.

Based on A NEW EARTH by Eckhart Tolle

Photo: Reach for the sky: some magnificent Redwood trees in the Harkerville forest

## Spiritual Teachings

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

Last teaching session this week: Ch 10: A New Earth

Thursday evenings: 19h00 - 21h00

Cost: by donation

## Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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